

Beth Tevillah
Mikveh Society
Women's Personal Calendar



תשס"ה~5765

(inside front cover)

Acknowledgements

WITH GRATITUDE to Hakadosh Baruch Hu, the Beth Tvillah Mikveh Society is pleased to present this Personal Mikveh Calendar to the women of the Cincinnati community. It is our hope that it will be an aid to further enhance adherence to the laws of *taharas hamish-pocha*, family purity.

We wish to acknowledge the following individuals, who contributed so much of their time and talents to this collaborative effort:

- Chaiah Schwab
- Alter Raubvogel
- Rabbi Meir and Aviva Minster
- Eli Reidler, for calculating sunrise and sunset times.

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לעילוי נשמת
צביה בת יצחק אייזיק
Carolyn Keiler Paul

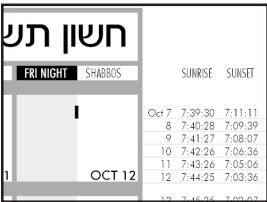
How to Use This Calendar

This calendar incorporates both the Jewish and the secular calendars. Each page represents one Jewish month. Daily sunrise and sunset times for Amberley Village are listed at the end of every week, on the right-hand side of the page, organized by the secular (solar) date; *these times have already been adjusted for standard/daylight time.*

A Jewish calendar date begins in the evening and consists of one night and one day. Each date's space in this calendar is therefore divided into two parts. The shaded area represents nighttime (the "night ona"), which begins at sunset and ends at sunrise. The unshaded area represents

daytime (the "day ona"), which begins at sunrise and ends at sunset.

The example at left shows one complete Jewish date—Shabbos,



the sixth of Cheshvan. Note the Hebrew letter "vav," as well as the secular date, October 12. Also note the division of the date into night and day. The sunrise on this Shabbos morning is at 7:44 and 25 seconds; sunset is at 7:03 and 36 seconds.

If a woman were to get her monthly period on this Friday night, she would mark it down (after Shabbos) in the shaded area, the "night ona" of the sixth of Cheshvan. This would mark the first day of her period, and she could now make all of her other calculations.

Every woman should record:

- Her monthly period (in order to anticipate the "days of separation" for the following month).
- The actual day of her *hefsek tahara*. (The day of her *hefsek tahara* will determine the weekday of her immersion—one week later, after nightfall.)

Laws of the Shiv'a Neki'im (Seven Clean Days)

From the day that a woman becomes a *niddah*, she must count a minimum of five days. Afterwards, when all bleeding has stopped, she may make a *hefsek tahara*.

She should:

- A) Wash the appropriate area.
- B) Examine herself internally, in a careful, thorough manner, with a pre-checked, white cotton cloth (3" × 3" minimum).
- C) Complete this examination before sunset.
- D) Also before sunset, insert a pre-checked white cloth and leave it there until nightfall (50 minutes past sunset).

If both of these cloths remain free from any questionable colors, she may begin to count her *shiv'a neki'im*, seven clean days, the following morning.

Note: Someone who has difficulty counting

the clean days should consult a Rav.

During the seven clean days, she should:

- A) Examine herself twice daily—once in the morning (after sunrise) and once in the evening (before sunset)
- B) Wear white underwear day and night.
- C) Use white bed linens.

In addition to the *hefsek tahara*, it is crucial that the examinations (*bedikos*) on both the first and seventh days be done during the daylight hours. The seven clean days must be consecutive, i.e., without interruption caused by finding a disqualifying color. A woman who encounters difficulty with her examinations should consult a Rav. Morning *bedikos* should be made after sunrise.

Reminder: Make the required examinations, and make them on time!

Important—Ask questions! Consult a Rav when needed; don't decide for yourself!

Basic Laws of Anticipating Dates of Separation

1. A period is considered regular if it appears:

A) On the same day of three consecutive Hebrew months, either all three times by day, or all three by night.

B) After three consecutive equal intervals, all three by day or all three by night.

2. A woman with a regular period need only separate on the day of her established regularity. If there is a change from her established date, she must separate on the new date, as well as on the (formerly) regular date. If she establishes a new regularity, she must separate on the new date. If she experiences variations in her cycle, she should consult her Rav.

4. Nighttime is from sunset to sunrise; daytime is from sunrise to sunset. One should note the time of day when bleeding began, in order to calculate anticipated dates of separation.

5. On each of the days on which she anticipates her period:

A) A woman is forbidden to have relations with her husband.

B) She must examine herself.

If a woman anticipates that her period will come during the day, she should examine herself once at the beginning of the day and once at the end of the day. If she anticipates that her period will come at night, she should examine herself once at the beginning of the night and once at the end. If the anticipated date passed and she did not examine herself, she should examine herself upon remembering. If there is no sign of bleeding, she is permitted to her husband.

3. A woman with an irregular period must separate from her husband on the following dates:

A) The same day of the Hebrew month when her last cycle started. If her period started on the second of Nissan, she separates on 2 Iyar.

B) The final day(s) of the interval(s) of her two previous periods. If there was a 29-day interval between her last two periods, then she counts 29 days and separates on the twenty-ninth day. **The day she first sees blood and the first day of the next period are included in the interval.** Separation on these two dates may be during day hours or night hours, depending on when the previous period came. Some extend this separation to include the preceding day or night.

C) The thirtieth day from her last period. The day she first sees blood counts as the first of these thirty days. There are those who separate for a period of 24 hours, from sunset to sunset. Some separate on the thirty-first day, as well.

There are those who have different *minhagim* (customs) regarding these laws. A woman should keep those minhagim she has accepted.

This is only a brief guide; if you have any questions, consult a Rav.

To learn more about these laws, or for additional educational opportunities, please call Aviva Minster at (513) 531-8966.

Tishrei 5765				September—October 2004				תשרי תשס"ה					
SAT NIGHT	SUNDAY	SUN NIGHT	MONDAY	MON NIGHT	TUESDAY	TUES NIGHT	WEDNESDAY	WED NIGHT	THURSDAY	THUR NIGHT	FRIDAY	FRI NIGHT	SHABBOS
							א	ב	ג				
							Rosh Hashanah	Rosh Hashanah	האזינו	Shab. Shuvah			
							SEP 16	SEP 17	SEP 18				
ד	ה	ו	ז	ח	ט	י							
SEP 19	SEP 20	SEP 21	SEP 22	SEP 23	SEP 24	SEP 25	Yom Kippur						
יא	יב	יג	יד	טו	טז	יז							
SEP 26	SEP 27	SEP 28	SEP 29	SEP 30	OCT 1	OCT 2							
יח	יט	כ	כא	כב	כג	כד							
Sukkos	Sukkos	Sukkos	Hoshanah Rabbah	Sh'mini Atzeres	Simchas Torah	בראשית							
OCT 3	OCT 4	OCT 5	OCT 6	OCT 7	OCT 8	OCT 9							
כה	כו	כז	כח	כט	ל								
OCT 10	OCT 11	OCT 12	OCT 13	OCT 14	OCT 15	Rosh Chodesh							

Sep 16	7:20:23	7:43:54
17	7:21:17	7:42:17
18	7:22:12	7:40:40
19	7:23:06	7:39:03
20	7:24:01	7:37:25
21	7:24:56	7:35:48
22	7:25:51	7:34:11
23	7:26:46	7:32:34
24	7:27:42	7:30:57
25	7:28:37	7:29:20
26	7:29:33	7:27:44
27	7:30:29	7:26:07
28	7:31:25	7:24:31
29	7:32:21	7:22:56
30	7:33:18	7:21:20
Oct 1	7:34:14	7:19:45
2	7:35:11	7:18:10
3	7:36:08	7:16:36
4	7:37:06	7:15:02
5	7:38:04	7:13:28
6	7:39:02	7:11:56
7	7:40:00	7:10:23
8	7:40:59	7:08:51
9	7:41:57	7:07:20
10	7:42:57	7:05:49
11	7:43:56	7:04:19
12	7:44:56	7:02:50
13	7:45:56	7:01:22
14	7:46:57	6:59:54
15	7:47:57	6:58:27

Cheshvan 5765						October—November 2004						חשון תשס"ה					
SAT NIGHT	SUNDAY	SUN NIGHT	MONDAY	MON NIGHT	TUESDAY	TUES NIGHT	WEDNESDAY	WED NIGHT	THURSDAY	THUR NIGHT	FRIDAY	FRI NIGHT	SHABBOS				
												א					
												נח					
												OCT 16					
Corrected: In 5765, Cheshvan has only 29 days—not 30 as indicated in last year's calendar.																	
ב		ג		ד		ה		ו		ז		ח לך לך					
OCT 17		OCT 18		OCT 19		OCT 20		OCT 21		OCT 22		OCT 23					
ט		י		יא		יב		יג		יד		טו יורא					
OCT 24		OCT 25		OCT 26		OCT 27		OCT 28		OCT 29		OCT 30					
טז		יז		יח		יט		כ		כא		כב ח"י שרה					
Resume Standard Time												NOV 6					
OCT 31		NOV 1		NOV 2		NOV 3		NOV 4		NOV 5							
כג		כד		כה		כו		כז		כח		כט תולדות					
NOV 7		NOV 8		NOV 9		NOV 10		NOV 11		NOV 12		NOV 13					

Oct 16	7:48:59	6:57:01
17	7:50:00	6:55:35
18	7:51:02	6:54:11
19	7:52:04	6:52:47
20	7:53:07	6:51:25
21	7:54:09	6:50:03
22	7:55:13	6:48:42
23	7:56:16	6:47:23
24	7:57:20	6:46:04
25	7:58:24	6:44:47
26	7:59:28	6:43:31
27	8:00:33	6:42:16
28	8:01:38	6:41:02
29	8:02:43	6:39:49
30	8:03:49	6:38:38
31	7:04:55	5:37:28
Nov 1	7:06:01	5:36:20
2	7:07:07	5:35:13
3	7:08:14	5:34:07
4	7:09:20	5:33:03
5	7:10:27	5:32:00
6	7:11:34	5:30:59
7	7:12:41	5:29:59
8	7:13:49	5:29:01
9	7:14:56	5:28:05
10	7:16:03	5:27:10
11	7:17:10	5:26:17
12	7:18:18	5:25:26
13	7:19:25	5:24:36

Kislev 5765						November—December 2004						כסלו תשס"ה					
SAT NIGHT	SUNDAY	SUN NIGHT	MONDAY	MON NIGHT	TUESDAY	TUES NIGHT	WEDNESDAY	WED NIGHT	THURSDAY	THUR NIGHT	FRIDAY	FRI NIGHT	SHABBOS				
א	ב	ג	ד	ה	ו	ז	ח	ט	י	יא	יב	יג	יד				
NOV 14	NOV 15	NOV 16	NOV 17	NOV 18	NOV 19	NOV 20	NOV 21	NOV 22	NOV 23	NOV 24	NOV 25	NOV 26	NOV 27				
טו	טז	יז	יח	יט	כ	כא	כב	כג	כד	כה	כו	כז	כח				
NOV 28	NOV 29	NOV 30	DEC 1	DEC 2	DEC 3	DEC 4	DEC 5	DEC 6	DEC 7	DEC 8	DEC 9	DEC 10	DEC 11				
כט	ל	מג	מז	מח	מט	נ	ד	ה	ו	ז	ח	ט	י				
Chanukah																	
DEC 12	Corrected: Kislev begins on Sunday, Nov. 14—not on Monday, Nov. 15, as implied in last year's calendar.																

Teves 5765					December 2004—January 2005					טבת תשס"ה				
SAT NIGHT	SUNDAY	SUN NIGHT	MONDAY	MON NIGHT	TUESDAY	TUES NIGHT	WEDNESDAY	WED NIGHT	THURSDAY	THUR NIGHT	FRIDAY	FRI NIGHT	SHABBOS	
		א Chanukah		ב Chanukah		ג Chanukah		ד		ה		ו ויגש		
		DEC 13		DEC 14		DEC 15		DEC 16		DEC 17		DEC 18		
ז		ח		ט		י Tenth of Teves		יא		יב		יג ויחי		
DEC 19		DEC 20		DEC 21		DEC 22		DEC 23		DEC 24		DEC 25		
יד		טו		טז		יז		יח		יט		כ שמות		
DEC 26		DEC 27		DEC 28		DEC 29		DEC 30		DEC 31		JAN 1		
כא		כב		כג		כד		כה		כו		כז וארא		
JAN 2		JAN 3		JAN 4		JAN 5		JAN 6		JAN 7		JAN 8		
כח		כט												
JAN 9		JAN 10												

שבט תשס"ה

	SUNRISE	SUNSET
11	7:56:50	5:35:17
12	7:56:35	5:36:18
13	7:56:18	5:37:21
14	7:55:59	5:38:25
15	7:55:37	5:39:29
16	7:55:13	5:40:34
17	7:54:48	5:41:40
18	7:54:20	5:42:47
19	7:53:50	5:43:54
20	7:53:18	5:45:01
21	7:52:44	5:46:09
22	7:52:09	5:47:17
23	7:51:31	5:48:26
24	7:50:51	5:49:35
25	7:50:10	5:50:45
26	7:49:26	5:51:54
27	7:48:41	5:53:04
28	7:47:54	5:54:14
29	7:47:05	5:55:24
30	7:46:15	5:56:34
1	7:45:23	5:57:45
Feb 1	7:44:29	5:58:55
2	7:43:33	6:00:06
3	7:42:36	6:01:16
4	7:41:37	6:02:26
5	7:40:37	6:03:36
6	7:39:35	6:04:46
7	7:38:32	6:05:56
8	7:37:27	6:07:06
9	7:36:21	6:08:16

אדר א' תשס"ה

	SUNRISE	SUNSET
10	7:35:13	6:09:25
11	7:34:04	6:10:35
12	7:32:54	6:11:44
13	7:31:43	6:12:52
14	7:30:30	6:14:01
15	7:29:16	6:15:09
16	7:28:01	6:16:17
17	7:26:45	6:17:25
18	7:25:27	6:18:33
19	7:24:09	6:19:40
20	7:22:50	6:20:47
21	7:21:29	6:21:53
22	7:20:08	6:22:59
23	7:18:46	6:24:05
24	7:17:22	6:25:11
25	7:15:58	6:26:16
26	7:14:33	6:27:21
27	7:13:08	6:28:26
28	7:11:41	6:29:30
Mar 1	7:10:14	6:30:34
2	7:08:46	6:31:38
3	7:07:18	6:32:42
4	7:05:49	6:33:45
5	7:04:19	6:34:48
6	7:02:49	6:35:50
7	7:01:18	6:36:53
8	6:59:46	6:37:55
9	6:58:15	6:38:57
10	6:56:42	6:39:58
11	6:55:10	6:40:59

Adar II 5765						March—April 2005						אדר ב' תשס"ה	
SAT NIGHT	SUNDAY	SUN NIGHT	MONDAY	MON NIGHT	TUESDAY	TUES NIGHT	WEDNESDAY	WED NIGHT	THURSDAY	THUR NIGHT	FRIDAY	FRI NIGHT	SHABBOS
												א פקודי Shab. Shekalim MAR 12	
ב MAR 13	ג MAR 14	ד MAR 15	ה MAR 16	ו MAR 17	ז MAR 18	ח ויקרא Shab. Zachor MAR 19							
ט MAR 20	י MAR 21	יא MAR 22	יב MAR 23	יג MAR 24	יד MAR 25	טו צו Shushan Purim MAR 26							
טז MAR 27	יז MAR 28	יח MAR 29	יט MAR 30	כ MAR 31	כא APR 1	כב שמיני Shab. Parah APR 2							
כג Daylight Savings Time APR 3	כד APR 4	כה APR 5	כו APR 6	כז APR 7	כח APR 8	כט תזריע Sh. Hachodesh APR 9							

Nissan 5765						April—May 2005						ניסן תשס"ה	
SAT NIGHT	SUNDAY	SUN NIGHT	MONDAY	MON NIGHT	TUESDAY	TUES NIGHT	WEDNESDAY	WED NIGHT	THURSDAY	THUR NIGHT	FRIDAY	FRI NIGHT	SHABBOS
א APR 10	ב APR 11	ג APR 12	ד APR 13	ה APR 14	ו APR 15	ז מצורע APR 16							
ח APR 17	ט APR 18	י APR 19	יא APR 20	יב APR 21	יג APR 22	יד אחרי מות Sh. Hagadol APR 23							
טו Pesach APR 24	טז Pesach APR 25	יז Pesach APR 26	יח Pesach APR 27	יט Pesach APR 28	כ Pesach APR 29	כא Pesach APR 30							
כב Pesach MAY 1	כג MAY 2	כד MAY 3	כה MAY 4	כו MAY 5	כז MAY 6	כח קדושים MAY 7							
כט MAY 8	ל Rosh Chodesh MAY 9												

SUNRISE	SUNSET
13 - 6:53:37	6:42:01
14 - 6:50:23	6:43:01
15 - 6:48:55	6:45:03
16 - 6:47:21	6:46:03
17 - 6:45:47	6:47:03
18 - 6:44:12	6:48:03
19 - 6:42:37	6:49:03
20 - 6:41:02	6:50:02
21 - 6:39:27	6:51:02
22 - 6:37:52	6:52:01
23 - 6:36:17	6:53:00
24 - 6:34:42	6:53:59
25 - 6:33:07	6:54:58
26 - 6:31:31	6:55:57
27 - 6:29:56	6:56:56
28 - 6:28:21	6:57:55
29 - 6:26:47	6:58:53
30 - 6:25:12	6:59:52
31 - 6:23:38	7:00:51
Apr 1 - 6:22:03	7:01:49
2 - 6:20:30	7:02:48
3 - 7:18:56	8:03:46
4 - 7:17:23	8:04:45
5 - 7:15:50	8:05:43
6 - 7:14:17	8:06:42
7 - 7:12:45	8:07:40
8 - 7:11:13	8:08:39
9 - 7:09:42	8:09:37
10 - 7:08:11	8:10:36
11 - 7:06:41	8:11:34
12 - 7:05:11	8:12:33
13 - 7:03:42	8:13:32
14 - 7:02:14	8:14:30
15 - 7:00:46	8:15:28
16 - 6:59:19	8:16:28
17 - 6:57:52	8:17:26
18 - 6:56:27	8:18:25
19 - 6:55:02	8:19:24
20 - 6:53:38	8:20:23
21 - 6:52:14	8:21:22
22 - 6:50:52	8:22:21
23 - 6:49:30	8:23:19
24 - 6:48:10	8:24:18
25 - 6:46:50	8:25:17
26 - 6:45:32	8:26:16
27 - 6:44:14	8:27:15
28 - 6:42:57	8:28:13
29 - 6:41:42	8:29:12
30 - 6:40:28	8:30:11
May 1 - 6:39:14	8:31:09
2 - 6:38:02	8:32:08
3 - 6:36:52	8:33:06
4 - 6:35:42	8:34:04
5 - 6:34:34	8:35:02
6 - 6:33:27	8:36:00
7 - 6:32:21	8:36:57
8 - 6:31:17	8:37:54
9 - 6:30:14	8:38:51

Iyar 5765					May—June 2005					אייר תשס"ה				
SAT NIGHT	SUNDAY	SUN NIGHT	MONDAY	MON NIGHT	TUESDAY	TUES NIGHT	WEDNESDAY	WED NIGHT	THURSDAY	THUR NIGHT	FRIDAY	FRI NIGHT	SHABBOS	
				א	ב	ג	ד	ה אמור	ו	ז	ח	ט	י	
				MAY 10	MAY 11	MAY 12	MAY 13	MAY 14	MAY 15	MAY 16	MAY 17	MAY 18	MAY 19	

Sivan 5765						June—July 2005				סיון תשס"ה			
SAT NIGHT	SUNDAY	SUN NIGHT	MONDAY	MON NIGHT	TUESDAY	TUES NIGHT	WEDNESDAY	WED NIGHT	THURSDAY	THUR NIGHT	FRIDAY	FRI NIGHT	SHABBOS
						א	ב	ג	ד	נשא			
						JUN 8	JUN 9	JUN 10	JUN 11				
ה	ו	ז	ח	ט	י	יא	בהעלותך						
JUN 12	JUN 13	JUN 14	JUN 15	JUN 16	JUN 17	JUN 18							
יב	יג	יד	טו	טז	יז	יח	שלח						
JUN 19	JUN 20	JUN 21	JUN 22	JUN 23	JUN 24	JUN 25							
יט	כ	כא	כב	כג	כד	כה	קרח						
JUN 26	JUN 27	JUN 28	JUN 29	JUN 30	JUL 1	JUL 2							
כו	כז	כח	כט	ל	Rosh Chodesh								
JUL 3	JUL 4	JUL 5	JUL 6	JUL 7									

תמוז תשס"ה

SAT NIGHT	SUNDAY	SUN NIGHT	MONDAY	MON NIGHT	TUESDAY	TUES NIGHT	WEDNESDAY	WED NIGHT	THURSDAY	THUR NIGHT	FRIDAY	FRI NIGHT	SHABBOS
										א	ב חקת		
										JUL 8	JUL		
ג	ד	ה	ו	ז	ח	ט בלק							
JUL 10	JUL 11	JUL 12	JUL 13	JUL 14	JUL 15	JUL 1							
י	יא	יב	יג	יד	טו	טז פינחס							
JUL 17	JUL 18	JUL 19	JUL 20	JUL 21	JUL 22	JUL 2							
יז 17 th of Tammuz	יח	יט	כ	כא	כב	כג מסות							
JUL 24	JUL 25	JUL 26	JUL 27	JUL 28	JUL 29	JUL 3							
כד	כה	כו	כז	כח	כט								
JUL 31	AUG 1	AUG 2	AUG 3	AUG 4	AUG 5								

	SUNRISE	SUNSET
8	6:19:16	9:06:21
9	6:19:54	9:06:00
10	6:20:33	9:05:36
11	6:21:14	9:05:11
12	6:21:55	9:04:44
13	6:22:38	9:04:15
14	6:23:21	9:03:44
15	6:24:05	9:03:11
16	6:24:51	9:02:36
17	6:25:36	9:02:00
18	6:26:23	9:01:21
19	6:27:10	9:00:41
20	6:27:58	8:59:59
21	6:28:47	8:59:16
22	6:29:37	8:58:30
23	6:30:26	8:57:43
24	6:31:17	8:56:54
25	6:32:08	8:56:04
26	6:32:59	8:55:12
27	6:33:51	8:54:18
28	6:34:43	8:53:23
29	6:35:36	8:52:26
30	6:36:29	8:51:27
31	6:37:22	8:50:27
Aug 1	6:38:16	8:49:26
2	6:39:09	8:48:23
3	6:40:04	8:47:19
4	6:40:58	8:46:13
5	6:41:52	8:45:06

אב תשס"ה

SAT NIGHT	SUNDAY	SUN NIGHT	MONDAY	MON NIGHT	TUESDAY	TUES NIGHT	WEDNESDAY	WED NIGHT	THURSDAY	THUR NIGHT	FRIDAY	FRI NIGHT	SHABBOS
												א מסעי AUG	
ב AUG 7	ג AUG 8	ד AUG 9	ה AUG 10	ו AUG 11	ז AUG 12	ח דברים AUG 1							
ט Ninth of Av AUG 14	י AUG 15	יא AUG 16	יב AUG 17	יג AUG 18	יד AUG 19	טו ואתחנן AUG 2							
טז AUG 21	יז AUG 22	יח AUG 23	יט AUG 24	כ AUG 25	כא AUG 26	כב עקב AUG 2							
כג AUG 28	כד AUG 29	כה AUG 30	כו AUG 31	כז SEP 1	כח SEP 2	כט ראה SEP							
ל Rosh Chodesh SEP 4													

	SUNRISE	SUNSET
	6 - 6:42:47	8:43:58
	7 - 6:43:42	8:42:48
	8 - 6:44:36	8:41:37
	9 - 6:45:31	8:40:25
	10 - 6:46:26	8:39:12
	11 - 6:47:22	8:37:57
	12 - 6:48:17	8:36:41
	13 - 6:49:12	8:35:24
	14 - 6:50:07	8:34:06
	15 - 6:51:02	8:32:47
	16 - 6:51:58	8:31:27
	17 - 6:52:53	8:30:06
	18 - 6:53:48	8:28:44
	19 - 6:54:43	8:27:21
	20 - 6:55:38	8:25:57
	21 - 6:56:33	8:24:33
	22 - 6:57:28	8:23:07
	23 - 6:58:23	8:21:40
	24 - 6:59:18	8:20:13
	25 - 7:00:13	8:18:45
	26 - 7:01:08	8:17:17
	27 - 7:02:02	8:15:47
	28 - 7:02:57	8:14:17
	29 - 7:03:52	8:12:46
	30 - 7:04:46	8:11:15
	31 - 7:05:41	8:09:43
Sep 1	7 - 7:06:35	8:08:11
	2 - 7:07:30	8:06:38
	3 - 7:08:24	8:05:04
	4 - 7:09:18	8:03:30

Elul 5765												אלול תשס"ה	
September—October 2005													
SAT NIGHT	SUNDAY	SUN NIGHT	MONDAY	MON NIGHT	TUESDAY	TUES NIGHT	WEDNESDAY	WED NIGHT	THURSDAY	THUR NIGHT	FRIDAY	FRI NIGHT	SHABBOS
			א Labor Day		ב		ג		ד		ה		ו שופטים
			SEP 5		SEP 6		SEP 7		SEP 8		SEP 9		SEP 10
	ז		ח		ט		י		יא		יב		יג כי תצא
	SEP 11		SEP 12		SEP 13		SEP 14		SEP 15		SEP 16		SEP 17
	יד		טו		טז		יז		יח		יט		כ כי תבוא
	SEP 18		SEP 19		SEP 20		SEP 21		SEP 22		SEP 23		SEP 24
כא Begin Selichos		כב		כג		כד		כה		כו		כז נצבים	
SEP 25		SEP 26		SEP 27		SEP 28		SEP 29		SEP 30		OCT 1	
כח		כט											
OCT 2		OCT 3											

SUNRISE	SUNSET
5 · 7:10:12	8:01:56
6 · 7:11:07	8:00:21
7 · 7:12:01	7:58:46
8 · 7:12:55	7:57:10
9 · 7:13:49	7:55:35
10 · 7:14:44	7:53:59
11 · 7:15:38	7:52:22
12 · 7:16:32	7:50:46
13 · 7:17:26	7:49:09
14 · 7:18:21	7:47:32
15 · 7:19:15	7:45:55
16 · 7:20:09	7:44:18
17 · 7:21:04	7:42:41
18 · 7:21:58	7:41:03
19 · 7:22:53	7:39:26
20 · 7:23:48	7:37:49
21 · 7:24:43	7:36:12
22 · 7:25:38	7:34:34
23 · 7:26:33	7:32:57
24 · 7:27:28	7:31:20
25 · 7:28:24	7:29:44
26 · 7:29:19	7:28:07
27 · 7:30:15	7:26:31
28 · 7:31:11	7:24:55
29 · 7:32:07	7:23:19
30 · 7:33:04	7:21:43
Oct 1 · 7:34:01	7:20:08
2 · 7:34:57	7:18:33
3 · 7:35:55	7:16:59

Tishrei 5766												תשרי תשס"ו	
October—November 2005													
SAT NIGHT	SUNDAY	SUN NIGHT	MONDAY	MON NIGHT	TUESDAY	TUES NIGHT	WEDNESDAY	WED NIGHT	THURSDAY	THUR NIGHT	FRIDAY	FRI NIGHT	SHABBOS
				א Rosh Hashanah	ב Rosh Hashanah		ג		ד		ה וילך Shab. Shuvah		ו OCT 8
				OCT 4		OCT 5		OCT 6		OCT 7			
	ז		ח		ט		י Yom Kippur		יא		יב האזינו		
	OCT 9		OCT 10		OCT 11		OCT 12		OCT 13		OCT 14		OCT 15
	יג		יד		טו Sukkos		טז Sukkos		יז Sukkos		יח Sukkos		יט Sukkos
	OCT 16		OCT 17		OCT 18		OCT 19		OCT 20		OCT 21		OCT 22
	כ		כא Sukkos		כב Hoshanah Rabbah		כג Sh'mini Atzeres		כד Simchas Torah		כה		כו בראשית
	OCT 23		OCT 24		OCT 25		OCT 26		OCT 27		OCT 28		OCT 29
כז Resume Standard Time		כח		כט		ל Rosh Chodesh							
OCT 30		OCT 31		NOV 1		NOV 2							

SUNRISE	SUNSET
4 · 7:36:52	7:15:25
5 · 7:37:50	7:13:51
6 · 7:38:48	7:12:18
7 · 7:39:46	7:10:46
8 · 7:40:44	7:09:14
9 · 7:41:43	7:07:42
10 · 7:42:42	7:06:11
11 · 7:43:42	7:04:41
12 · 7:44:41	7:03:12
13 · 7:45:42	7:01:43
14 · 7:46:42	7:00:15
15 · 7:47:43	6:58:48
16 · 7:48:44	6:57:21
17 · 7:49:45	6:55:56
18 · 7:50:47	6:54:31
19 · 7:51:49	6:53:07
20 · 7:52:51	6:51:44
21 · 7:53:54	6:50:23
22 · 7:54:57	6:49:02
23 · 7:56:01	6:47:42
24 · 7:57:04	6:46:23
25 · 7:58:08	6:45:06
26 · 7:59:13	6:43:49
27 · 8:00:17	6:42:34
28 · 8:01:22	6:41:20
29 · 8:02:28	6:40:07
30 · 7:03:33	5:38:55
31 · 7:04:39	5:37:45
Nov 1 · 7:05:45	5:36:36
2 · 7:06:51	5:35:29

NOTES						
HEBREW DATE	ONA-CIRCLE 1 DAY/NIGHT	SYMPTOMS	INTERVAL	ANTICIPATED DATES OF SEPARATION		
				DAY OF MONTH	30 DAYS	BY INTERVAL
	D N					
	D N					
	D N					
	D N					
	D N					
	D N					
	D N					
	D N					
	D N					
	D N					
	D N					
	D N					
	D N					
	D N					

(inside back cover)



alterbentzion@juno.com



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